

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7Helpline)

www.alz.org/sewi

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National Family Caregivers Month

This is a time to celebrate the contributions of volunteers, friends and family members who support a loved one with their health or managing a disability. More than 44 million Americans care for a family member, friend, or neighbor. Join us as we celebrate the role of caregivers and find better ways to support them.

Caregivers come from all walks of life and care for people with an array of needs. Reasons for providing care differ from situation to situation. Daily tasks that caregivers perform also vary greatly. But there are some things that all caregivers have in common; dedication, love, commitment, a sense of selflessness and most likely, a good sense of humor.

Wisconsin's theme for Family Caregiver Month is, "You Might Be A Caregiver If...." We chose this theme because it gives a real-life view of what caregiving is like. It encourages humor rather than promoting burden and recognizes the valued role and dedication of our state's caregivers. And it gives caregivers a fun way to connect with each other as they add their own ending to the phrase.

In hopes of bringing some smiles and perhaps a chuckle to your day, here are some ways that might mean you are a caregiver.

You might be a caregiver if...

- You were up at 3:00 this morning helping someone to the bathroom
- Your house has more pill bottles than wine bottles
- You can pronounce medications with more than 10 letters in the name
- You know your way around the hospital better than the mall
- You can maneuver a wheelchair through Walmart with ease

What does caregiving mean to you? How would you end the phrase, "You might be a caregiver if...?" What have you learned as a result of caring for someone? What are some things you do regularly, that you didn't do before? What is different about your life now that someone else wouldn't understand unless they, too, were a caregiver?

As you ponder these questions, remember that you are valued, respected and appreciated. Thank you for all that you do to help another person enjoy life to the fullest!

If you have questions or concerns about your caregiving role, please contact the ADRC for possible programs and resources that may be available to you to assist in your caregiving journey.



IF YOU SOMETHING SOMETHING

For many of us, the holidays offer an opportunity to visit with elderly relatives or friends who live at a distance. These holiday visits are a good time to assess what assistance parents, grandparents, or elderly loved ones might need to continue living safely in their homes. As 1 in 10 older Americans are abused and neglected, the National Center on Elder Abuse has identified “red flags” to look for when visiting elderly loved ones.

Self-Neglect. If the older adult lives alone and does not have anyone providing assistance, self-neglect may become an issue.

Some things to look for include:

- Older adult appears confused
- Older adult is no longer able to complete daily tasks such as meal preparation, bathing, bill paying, etc.
- Older adult seems depressed
- Older adult is drinking too much or abusing drugs
- Older adult is falling frequently
- Older adult appears undernourished, dehydrated, over- or under-medicated, or is not getting care for problems with eyesight, hearing, dental problems, incontinence, etc.

Neglect or Abuse by Others. If the older adult lives with others or has someone coming in to help, neglect or abuse may become an issue. **Some things to look for include:**

- Presence of a “new best friend” who is willing to care for the older adult for little to no cost
- Recent changes in banking or spending patterns
- Older adult is isolated from family or friends
- Caregiver has problems with drugs, alcohol, anger and/or emotional instability
- Caregiver is financially dependent upon the older adult
- Family pet seems neglected or abused
- You find an abundance of mail and or phone solicitations for money
- Older adult seems afraid of the caregiver
- Older adult has unexplained bruises, cuts, etc.
- Older adult has “bed sores” (pressure sores from lying in one place for too long)
- Older adult appears dirty, undernourished, dehydrated, over- or under-medicated, or is not receiving needed care for problems with eyesight, hearing, dental issues, incontinence, etc.

What Should You Do?

- If you suspect your older loved one is at risk and he/she lives in the community, call the local Aging and Disability Resource Center to make a referral. For Waukesha County, the contact number for the Aging and Disability Resource Center is (262) 548-7848. If the person lives in a licensed facility, call the local Long-Term Care Ombudsman. You can find the contact numbers for each state at <https://ncea.acl.gov/resources/state.html>
- Introduce yourself to responsible neighbors and friends. Provide them with your address and phone numbers in case of emergency
- Ask your elderly loved one directly if they are afraid of anyone, if anyone is taking things from them without their permission, if anyone is asking them to do things they are not comfortable with, or if anyone is humiliating them. These screening questions may reveal hidden anxieties caused by abuse or neglect.

PROTECT YOURSELF FROM FINANCIAL ABUSE AND EXPLOITATION!



Experts say financial abuse will be the crime of the 21st century—

Are you prepared?

A group of professionals from law enforcement, the justice system, financial institutions, and social service organizations in the Waukesha County area have joined together and formed a group called FASI

(Financial Abuse System Improvement), with the goal of combating elder financial exploitation by increasing awareness in the community, exploring resources available, and providing education. Here are some tips they have developed to keep you and your loved ones safe:

- ◆ Review your bank statements monthly and your credit report quarterly
- ◆ Don't give out financial, social security or credit card information over the phone unless you initiated the call
- ◆ NEVER wire money to anyone you've never met
- ◆ Don't sign any document without fully understanding it—read and re-read
- ◆ NEVER sign a blank check and/or give it to someone to complete
- ◆ Consult your financial institution or advisor before adding anyone to your bank accounts
- ◆ Keep important documents and extra checks in a lock box or safety deposit box
- ◆ Don't respond to emails from an unknown source
- ◆ Contact the company directly by phone or in person if any request sounds suspicious or too good to be true
- ◆ If your credit or debit card is lost or stolen, contact your financial institution immediately



WE'RE ON FACEBOOK!

Looking to stay up to date on everything going on at the ADRC?

Like our page on Facebook to get all the latest information!

While on Facebook, search for

“Aging & Disability Resource Center of Waukesha County”

or find us at www.facebook.com/ADRCWC

And don't forget to tell your friends and invite them to LIKE us too!



RENEW YOUR SUBSCRIPTION

In an effort to keep our database up to date, we are asking everyone to **renew their newsletter subscription before March 1st.**

Call the ADRC at (262) 548-7848 and let them know you'd like to keep receiving the newsletter every month.

Or fill out this online form: <https://goo.gl/forms/ajcXQ98hcryEYWci2>

If you do not contact us, before March 1st, your subscription will be cancelled and you will no longer receive our newsletter.

THANK YOU!

Preventing Diabetes

A Cup of Health – Coffee Talks

Tuesday | November 20th | 10:00AM

Pewaukee Public Library –

210 Main St | Pewaukee, WI 53072



**APPROXIMATELY 84 MILLION AMERICANS
HAVE PRE-DIABETES AND
90% DON'T KNOW IT!**

**DO YOU KNOW THE RISK FACTORS OF DIABETES?
LEARN ABOUT PRE-DIABETES, ASSESS YOUR RISKS AND
DETERMINE HOW TO YOUR RISK THROUGH
LIFESTYLE CHANGES**

To Register:

Call Lee at (262) 548-7848

Flu season – already?

Yes, the time is here – along with the risks for developing symptoms of illness – fever, cough, congestion, chills, body aches, headaches, sore throat, fatigue – the flu is “nothing to sneeze at”!



On average, 60% of those who are hospitalized for the flu are 65 years of age and older. It's generally been recognized that this is because older individuals are at greater risk due to human immune defenses becoming weaker as we age. It is quite serious for people in this age group.

Good news is this can be prevented, rather than having to cope with the illness and its possible complications. The best way to prevent the flu is with a flu vaccine – recommended for everyone 6 months and older. An annual vaccine is needed to ensure the best possible protection against the current circulating viruses. Immunity generally sets in after about two weeks.

There are, however, flu vaccines available!

Flu vaccine will keep you and your loved ones safe from a very serious disease. The recommendation for flu vaccine is EVERY ONE - EVERY YEAR. The Waukesha County Public Health Division has flu vaccine available as a walk-in service. Flu shots are available for children and adults. For adults, the cost for flu vaccine is \$30. Medicaid and Medicare are accepted for the flu shot only, at no cost. Please call ahead (262) 896-8430 to be sure the flu vaccine is available.

Shingles vaccine is also here!

The Waukesha County Public Health Division has also received the much-anticipated Shingrix vaccine. Shingrix is the new vaccine for Shingles that was recommended by the Advisory Committee on Immunization Practices (ACIP) in October 2017. Two doses of Shingrix is more than 90% effective at preventing shingles. You can get vaccinated with Shingrix even if you already had Zostavax. Shingrix is recommended for persons age 50 and up and is a two-dose series. Doses are given 2-6 months apart. The cost of the Shingrix vaccine is \$160 per dose and is available Monday through Friday, 8am-4:15pm. It is highly recommended that you call ahead to check vaccine availability.

Protect yourself and those you love from the flu!



Ask Ina

Dear Ina,

I am a 68 year old man who is living with diabetes. I do my best to live a healthy and active lifestyle as well as manage my diabetes in a responsible way. In recent months, due to a period of instability with my health, I have begun to struggle with meeting all of my needs. I am mostly able to afford all of my shelter related costs and medical bills, but I find myself running low on food frequently in-between checks. Do you have any suggestions for people like me, who are just barely getting by?

Signed,

Marvin B. Starving

Dearest Marvin,

You are not alone! Many people find themselves at risk of food instability. The good news is Waukesha County has many resources that may be helpful to you! There is a total of 16 food pantries located throughout the county. Community food pantries are designed to meet the needs of low-income individuals/families who are struggling with food instability. The fastest and easiest way to locate the food pantry closest to you would be to look in the [Resource Guide](#) located on the ADRC website or call your local ADRC at 262-548-7848 to ask for assistance. You may even find that your local food pantry has special foods that may meet your needs as a diabetic, as many food pantries are now asking for diabetic friendly food donations.



November is....



Help us celebrate by stocking your local food pantry's shelves with diabetic friendly foods.

See the list below for ideas:

Canned chicken, tuna, or salmon	Pasta (whole grain or gluten-free)	Raisins
Dry or canned beans (no salt added)	Popcorn (light or fat-free)	Salsa
Lentils	Whole grain cereal (low in sugar)	Soup with vegetables (low sodium)
Nuts (unsalted or lightly salted)	Crackers (whole grain or graham)	Black pepper
Peanut butter	Canned fruit (no sugar added)	Chili powder
Shelf stable or powdered milk	Canned tomatoes (diced or crushed)	Cinnamon
Soy milk	Canned vegetables (no salt added)	Italian seasoning
Barley or brown rice (no salt added)	Juice (100% fruit or vegetable)	Onion powder or flakes
Bulgur or quinoa	Pasta sauce	Seasoning mixes (salt-free)

DON'T FORGET!

On November 6th Wisconsinites will have the opportunity to vote for Governor, Lieutenant Governor, Attorney General, Secretary of State, State Treasurer, U.S. Senator, Representative in Congress, State Senator and Representatives of the Assembly.

Voting is important, and we should all take advantage of this opportunity to make our voice heard.

To vote in person or with an absentee ballot, you must be registered. You can register online at:

<https://myvote.wi.gov/en-us/RegisterToVote> or in person at the office of your Municipal Clerk.

If you are voting in person, you must show a photo ID such as:

- Wisconsin Driver's License
- Wisconsin ID Card issued by the Department of Transportation
- U.S. Passport
- Military ID Card
- Certificate of Naturalization issued within last 2 years
- Unexpired Wisconsin driver's license/State ID receipt
- ID card issued by a federally recognized Indian Tribe in Wisconsin

If you need help in completing the ballot in person, you have the right to use an accessible voting machine, ask for an accommodation, physically accessible polling place, or receive help with the voting process.

If you want to vote with an absentee ballot, you must request to vote absentee online at:

<https://myvote.wi.gov/en-US/RegisterToVote>.

You can also contact your Municipal Clerk for an absentee ballot. Find out who your clerk is at:

<https://myvote.wi.gov/en-US/RegisterToVote>.

Remember, your vote is your voice!

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Stoney Creek Adult Community S69W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 - Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered.

The ADRC and Senior Dining Sites will be closed Thursday, November 22nd; Friday, November 23rd; Monday, December 24th; Tuesday, December 25th; and Monday, December 31st and Tuesday, January 1st.



Clean Out Your Refrigerator!

November 13th is *National Clean Out Your Refrigerator Day*. So ask yourself: how long has that ketchup bottle been in there, anyway? And that salsa that you bought last May for Cinco de Mayo? Wait – was that *last* May or the year before?!...

Unless you make regular practice of cleaning your fridge, you probably have some unusual – and possibly scary – stuff in there. Just because it's in the refrigerator doesn't mean it's still good. While most condiments are good for about a year, we still need to watch our use-by dates and make sure we don't keep old

food. If you have a habit of pulling out raw meat and then not getting to cooking it, raw meat is only good for a couple days before it needs to be cooked or frozen. Eggs have dates stamped on the cartons and those dates need to be monitored. Fresh produce is usually good until it gets rotten, moldy or wilted. **However**, if the produce is cut it's only good for 5-7 days.

And it's not just the food inside that matters – you have to make sure the refrigerator is kept at the right temperature. Household refrigerators should be kept at 41°F or less. There should be a refrigerator thermometer in everyone's refrigerator! It's also important that the fridge itself is cleaned regularly. Good food isn't safe if it's in a dirty fridge. Use a mild detergent and hot soapy water or cleaning wipes to clean the surfaces and doors—inside and out. And an open box of baking soda can help keep the odors reasonable.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE Menu subject to change without notice			Beef Macaroni Casserole Steamed Spinach Wheat Roll w/Butter Mandarin Oranges Peanut Butter Bar Alt. Diet Cookie	Breaded Fish Tartar Sauce/ ketchup pkt Potato Pancakes 5-Way Mixed Vegetable Spiced Apple Rings Cook's Choice Cookie Alt. Fresh Fruit
5	6	7	8	9
Whole Grain Spaghetti w/ Italian Meat sauce Italian Blend Vegetable Italian Bread w/ butter Pear Half Dessert Bar Alt: Fresh Fruit	ELECTION DAY Jumbo Hot Dog w/ Ketchup & Mustard Poppy Seed Bun American Potato Salad Baked Beans Fresh Apple Chocolate Chip Cookie Alt. Sugar Free Cookie	Veterans Day Lunch Roast Beef Baked Potato w/Butter, Sour Cream and Cheese Deluxe Dinner Salad with Dressing Dinner Roll w/ butter Fresh Fruit Salad	Ground Turkey Chili w/ cheese, onions, crackers Tossed Romaine Salad with Dressing Cornbread w/ butter Fresh Banana	Cheeseburger on Whole Wheat Bun With lettuce leaf and tomato slice Ketchup / Mustard pkts American Fried Potatoes Broccoli Salad Fruited Yogurt
12	13	14	15	16
Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Steamed Broccoli Fresh Orange Almond Cookie Alt. Pineapple	Barbecue pulled Pork on a Bun Sweet Green Peas Tomato and Onion Salad Watermelon Wedge	Thanksgiving Lunch Oven Roasted Turkey Mashed Potatoes gravy Green Bean Casserole Herbed Bread Stuffing Cranberry Relish Pumpkin Pie w/ Whipped Topping	Chicken Gumbo Red Beans and Rice Stewed Tomatoes Peaches Cornbread muffin / butter Alt: Diet Cookie	Sloppy Joe Whole Wheat Bun Potato Pancakes w/ ketchup pkt Buttered Sweet Corn Pudding Alt. Canned Pears
19	20	21	22	23
Italian Sausage w/Onion & Green Pepper with Marinara Sauce Sausage Roll Vegetable Pasta Salad Fresh Pear Pistachio Pudding Alt: Sugar Free Pudding	Hearty Beef Stew Mashed Potatoes Creamy Cucumber Salad Rye bread w/butter Apple Kuchen Alt. Fresh Apple	Apple & Cranberry Chicken Salad Croissant Broccoli Salad Fruit Salad Dessert Bar Alt: Fresh Orange		Program Closed
26	27	28	29	30
Italian Chicken in Marinara Sauce Whole Wheat Rotini with Marinara Buttered Green Beans Seven Grain Bread w/ butter Grapes	Oven Baked Ham Mashed Potatoes & Gravy Baked Beans Dinner Roll w/Butter Dessert Bar Alt. Banana	Beef Tips in Mushroom Gravy Mashed Potatoes with Gravy Steamed Broccoli Potato Roll w/ butter Sliced Peaches	Smoked Pork Chop Hashbrown Casserole Wisconsin Veg Blend Rye bread w/butter Banana	Oven Baked Chicken on the Bone Wild Rice Blend Herb Roasted Root Vegetables Wheat Roll w/ Butter Frosted Cake Alt. Fresh Fruit

What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! Here is a sampling of some of the great programs offered in Waukesha County libraries. If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.



Brookfield Public Library 1900 N. Calhoun Rd. Brookfield, WI 53005 (262) 782-4140. <i>Vietnam War Memories</i> Monday, November 12 at 7:00 PM http://www.ci.brookfield.wi.us/38/Library	Delafield Public Library 500 Genesee St. Delafield, WI 53018 (262) 646-6230 Loud at the Library Concert: Tom Kastle, Maritime Musician Saturday, Nov. 10 at 1:00 www.delafieldlibrary.org	Elm Grove Public Library 13600 Juneau Blvd. Elm Grove WI 53122 (262) 782-6700 Milwaukee: A City Built on Water Wed., Nov. 14 at 7:00 pm http://elmgrovelibrary.org
Menomonee Falls Public Library W156 N8436 Pilgrim Rd Menomonee Falls, WI 53051 (262) 532-8900 <i>Author Dennis McCain, author of Badger Boneyards: the Eternal Rest of the Story</i> Wed., Nov. 14 T 7:00 pm http://menomoneefallslibrary.org	Muskego Public Library S73W16663 Janesville Rd. Muskego, WI 53150 (262) 971-2100 <i>Songs of the Civil War</i> Wed., Nov 7 at 6:30 PM www.ci.muskego.wi.us/library	Oconomowoc Public Library 200 West South St Oconomowoc, WI 53066 (262) 569-2193 <i>The Similarities Between JFK and Abraham Lincoln</i> Friday, Nov. 9 at 2:00 pm www.oconomowoclibrary.org http://www.oconomowoclibrary.org
Pewaukee Public Library 210 Main St Pewaukee, WI 53072 (262) 691-5670 <i>A Cup of Health: Preventing Diabetes</i> Tuesday, Nov. 20 at 10:00 am http://www.pewaukeelibrary.org	Town Hall Public Library N76 W31429 Hwy. VV North Lake, WI 53046 (262) 966-2933 <i>Veteran's Day Reception</i> Sunday, Nov. 11 at 1:00 pm www.townhalllibrary.org	Waukesha Public Library 321 W. Wisconsin Av. Waukesha, WI 53186 (262) 524-3680 <i>A Night with Author Kathie Giorgio</i> Thurs., Nov. 15 at 6:30 pm http://waukeshapubliclibrary.org

Medicare Presentations

Hartland Library—Wednesday, November 7th—1:00-2:00pm
Oconomowoc Library—Monday, November 12th—10:30-11:30am
Brookfield Library—Tuesday, November 13th—10:00-11:00am
Pauline Haas Library, Sussex—Wed., November 14th 1:00-2:00pm
Menomonee Falls Library—Thursday, November 29th—6:30-7:30pm

INGREDIENTS:

4 Eggs
1-2/3 cups white sugar
1 cup vegetable oil
1 15-ounce can of pumpkin puree
2 cups all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
2 tsp. ground cinnamon
1 tsp. salt

FROSTING:

1 3-ounce package of softened cream cheese
1/2 cup softened butter
1 tsp. vanilla extract
2 cups sifted confectioner's sugar

the best
FROSTED PUMPKIN BARS
you'll ever eat



DIRECTIONS:

- Preheat oven to 350 degrees
- In a medium bowl, mix the eggs, sugar, oil and pumpkin with an electric mixer until light and fluffy. Sift together the flour, baking powder, baking soda, cinnamon and salt. Stir into the pumpkin mixture until thoroughly combined.
- Spread the batter evenly into an ungreased 10x15-inch jelly roll pan.
- Bake for 25-30 minutes in preheated oven. Cool before frosting.
- To make the frosting, cream together the cream cheese and butter. Stir in vanilla. Add confectioner's sugar a little at a time, beating until mixture is smooth. Spread evenly on top of cooled bars. Cut into squares.

Daylight Saving Time Ends
Sunday November 4th
Put your clocks back one hour!



Caregivers have a trusted partner in the Alzheimer's Association®

With more than 15 million Americans caring for a person with Alzheimer's disease or another dementia, statistics show these individuals are not alone. This November, as we honor caregivers as part of **National Family Caregivers Month**, we want to remind all those who take on this important role that the Alzheimer's Association is here — all day, every day — providing support along this journey.

The Association is just a phone call away for those who need information, advice or simply to talk. Our **24/7 Helpline** (800.272.3900) is staffed around the clock, 365 days a year by specialists and master's-level clinicians who understand the challenges of caregiving and can help callers determine how to approach them.

In addition, our **Alzheimer's and Dementia Caregiver Center** at alz.org/care is a comprehensive resource that offers reliable information on early-, middle- and late-stage caregiving; respite care; care facilities; potential costs; legal documents; safety and much more. The site also provides easy access to online tools including Alzheimer's Navigator®, which can be used to evaluate needs and create customized actions plans of information and support, and ALZConnected®, an online community where visitors can connect with other caregivers.

Prepare for the holidays with tips from the Alzheimer's Association



The holidays are often filled with sharing, laughter and the enjoyment of each other's company. But they can also be filled with stress, disappointment and sadness. A person with Alzheimer's disease may feel a special sense of loss during the holidays because of the challenges he or she has experienced. At the same time, caregivers may feel overwhelmed with the responsibility of maintaining traditions while caring for a friend or family member.

The holidays can be less stressful for everyone when activities are planned ahead of time. The Alzheimer's Association® offers resources like the [Holidays](#) information sheet as well as the [Holidays and Alzheimer's Families](#) page on alz.org/care to help caregivers approach the season and make celebrations more enjoyable for all. During this season of togetherness, people visit with friends and family they rarely see face-to-face, providing an opportunity to notice the [10 Warning Signs of Alzheimer's Disease](#). If you observe any of these signs in a friend or family member, it's important to see a doctor to determine the cause. Early detection allows people to plan for the future and live well for as long as possible.

THANKSGIVING WORD SCRAMBLE

KTREUY

BOLGBE

BNRCAREREIS

IEP

GKONIOC

LAFL

PUPRES

VAGRY

ECEIPRETNEC

AHM

KBIAGN

EVLAES

LFNHTAKU

OETOSPTA

YHA

EABLECRET

KPMPIUN

MFIAYL

FITUFGSN

VESRFELTO

Answers: Turkey, Gobble, Cranberries, Pie, Cooking, Fall, Supper, Gravy, Centerpiece, Ham, Baking, Leaves, Thankful, Potatoes, Hay, Celebrate, Pumpkin, Family, Stuffing, Leftovers

Benefit Specialist Corner

Medicare Open Enrollment 101

Know your options and get free help.

As autumn progresses, it's important to keep your health in mind. Medicare's fall open enrollment period will allow you to review your plan options.

Maybe you have a new prescription that is not covered by your current drug plan or you have a new health condition. To ensure you get the most from Medicare in 2019, you should research your Medicare plan options during Medicare open enrollment.

Open enrollment begins Oct. 15 and ends Dec. 7. Changes made during this time will take effect on Jan. 1, 2019.



During open enrollment, you can:

- Adjust Medicare Advantage or Medicare prescription drug coverage.
- Change from original Medicare to a Medicare Advantage plan (or vice versa).
- Switch between Medicare Advantage plans.
- Join a Medicare Prescription Drug Plan.
- Switch existing drug plans or drop Medicare prescription drug coverage.

If you're unsure where to start, complete the plan comparison form on the next page. Return the completed form to the ADRC for your personalized plan comparisons. You can have your plans mailed to you or sign up for a free workshop to get all your questions answered. Workshop dates and time are listed on the form.

HealthCare Marketplace

Insurance Enrollment Information

Open enrollment for 2019 Marketplace Insurance starts November 1, 2018 and ends December 15, 2018. Plans sold during Open Enrollment start January 1, 2019.

The Marketplace can help uninsured people find health insurance coverage. If you don't have health insurance through an employer, Medicare, Medicaid, the Children's Health Insurance Program (CHIP), or another source that provides qualifying health coverage, the Marketplace can help you get covered.

- You can still use the Marketplace to purchase insurance even if your employer offers insurance, however, you'll forfeit the tax credit and pay the full premium unless your employer's insurance doesn't meet certain standards. Most job-based plans do meet the standards.
- If you have Medicare: You can't switch to Marketplace insurance to supplement your coverage.
- You may qualify for a premium tax credit that lowers your monthly insurance bill, and for extra savings on out-of-pocket costs like deductibles and copayments.
- The Marketplace plans are offered by private insurance companies with a range of prices and features.

Applying on HealthCare.gov is easier than ever, and many people can apply, pick a plan, and enroll in a single sitting. You can apply any way that works for you:

- Online www.healthcare.gov
- By phone 1-800-318-2596
- With in-person help
- With a paper application, by mail

After December 15, you can enroll in 2019 health insurance only if you qualify for a Special Enrollment Period.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online:

www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

Waukesha County Residents: Do you need help comparing 2019 Medicare plans? Fill out and return the form below

When we receive your form, we will complete a personalized search of your top 2 lowest-cost Drug and/or Advantage Plans. Attend our workshop to pick-up your packet and understand the results. Please fill out the form below and select a workshop or go online to <https://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/> and click the Open Enrollment link; otherwise, your plan comparisons will be mailed. Medicare Open Enrollment runs from October 15th – December 7th. Call 262-548-7848 with questions.



Mail to or drop off in person: ADRC, 514 Riverview Ave, Waukesha WI 53188

Email to: adrc@waukeshacounty.gov

Fax to: #262-896-8273

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Phone _____

Current Plan _____

Medicare ID # _____ Start Date: Part A _____

Part B _____

Pharmacy Preference _____

How do you want to receive your plan comparisons?

(please check one)

☐ Mailed

☐ Workshop

Attend Workshop:

☐ Mon. 11/5 10-11am

☐ Mon. 11/12 1-2pm

☐ Fri. 11/16 1-2pm

☐ Tues. 11/27 10-11am

☐ Thur. 11/29 1-2pm

☐ Mon. 12/3 1-2pm

I understand that the accuracy of the Medicare Plan Finder depends upon the information entered by the Centers for Medicare & Medicaid Services, as well as the information that I have provided to the

Drug Name	Dose Amount	How often Taken

Elder Benefit Specialist regarding my medications and pharmacy preferences. The Medicare website is subject to revision and/or error. The most accurate information is available by contacting the plan directly. **We recommend that you contact the plan before you enroll to be sure that your medications will be covered and that your pharmacy is part of the plan you select. The EBS is not recommending any particular plan.** I have selected the plan that best suits my needs and budget. I take full responsibility for the plan that I choose. **I understand that any and all follow-up matters with this plan are my responsibility.** If I have reason to believe that the enrollment did not go through for some reason, I will notify the plan immediately. **I understand that all enrollments must be made by December 7th, 2018.**

I acknowledge that participants can generally only change Medicare plans once per year during the Annual Enrollment Period. By enrolling in this plan now, I understand that unless I qualify for a special enrollment period, I will probably have to stay in this plan for a year before I can drop or switch plans again.



Medicare Beneficiary signature: _____ Date: _____

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848